



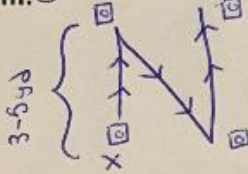
Danielle Tamaro-McCauley, Pomperaug High School

**Name of Drill:** Z dodge (and variations)

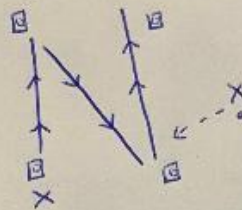
**Description of Drill:** This dodge is to give players a high repetition situation to practice connecting footwork to skills in a real-life situation. Players sprint to "attack" the first cone, drop step and sideways run for recovery steps to the third cone, plant and re-attack at the third cone and accelerate through the fourth. Variations are: split dodge before re-attack, roll dodge before re-attack, receive a pass from a partner before re-attack, back roll (with hand switch behind) before re-attack.

**Skills Emphasized:** Understanding varied methods of handling intense 1v1 pressure, proper footwork for dynamic situations, re-attack when pressure is "managed".

**Diagram:** ①



②



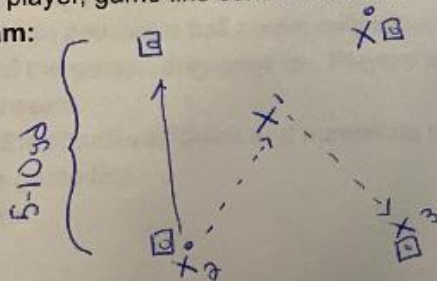
- Variations:
- A) Split dodge while changing directions
  - B) Roll dodge
  - C) make sure to have athletes start on left and right side of box

**Name of Drill:** 3 around 1

**Description of Drill:** Players in groups of 4 rep stick work routine in a game-like fashion. 4 cones out next to each player, and two lax balls per group. Player 1 moves into the center of the box and remains there for 10 repetitions. Player 2, passes to player one. After the pass, player 2 cuts through the box to the open cone. Player one, receives the ball and passes to the open player 3. Player 4 calls for player 1's attention and passes to them. After player 4 passes, she cuts through to the empty cone. Repeat for 10 repetitions and next player rotates into the middle. (pass, cut to open cone, find open player, repeat).

**Skills Emphasized:** Passing and cutting through to open space, quick feet and hands to send and receive ball to next player, game like communication.

**Diagram:**

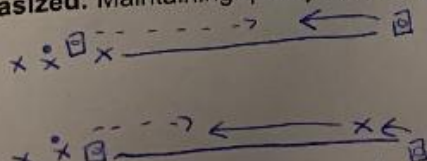


**Name of Drill:** No-Enders Variation 1

**Description of Drill:** Players (groups of 3) will line up one behind the other, one ball per group, player 2 will have the ball. The player 1 on each cone will run to a cone about 20yds away, pivot and cut back to receive pass from player 2. After the pass is released, passer 2 will begin to run towards center cone. After receiving the ball, player 1 will pass back to player 3. 1 hand R, 1 hand L, 2 hands ea., catch opposite, throw opposite, dodge before pass.

**Skills Emphasized:** Maintaining quality of skills when fatigued.

**Diagram:**



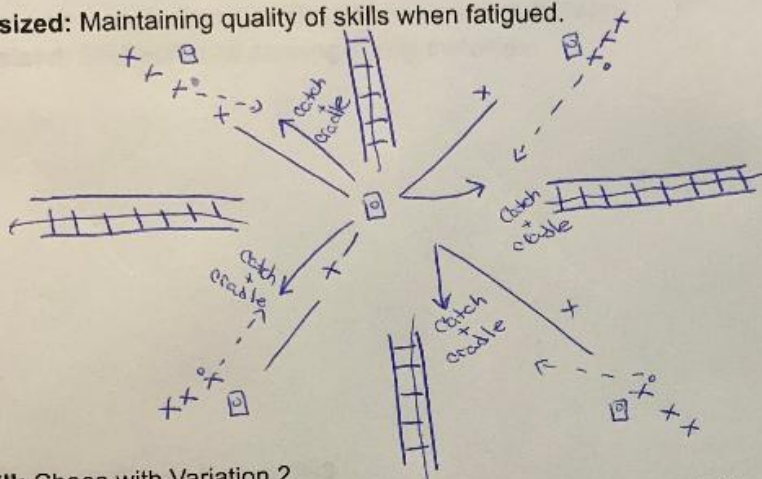


**Name of Drill:** No-Enders Next

**Description of Drill:** An up-beat progression of "no-enders", players will be set up in 4 corners. Player 1 on each cone will run to a middle cone, pivot and cut back to receive pass. At which time, passer 2 will fake and pass to player 1. Then, player 2 will begin to run towards center cone. After receiving the ball, player 1 complete footwork ladder while cradling and pass clockwise to feed next line. Player 3 has a ball waiting to feed OR (hopefully) is receiving a feed from counter-clockwise line.

**Skills Emphasized:** Maintaining quality of skills when fatigued.

**Diagram:**



- Can use...
- ladders
- hurdles
- cones
- pinnies

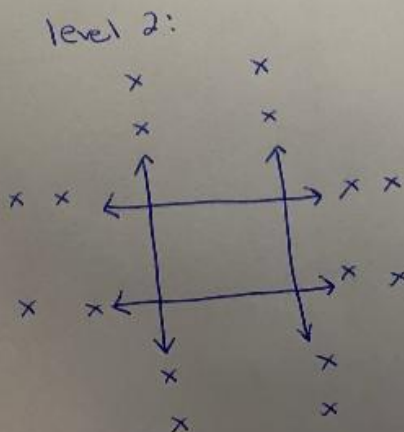
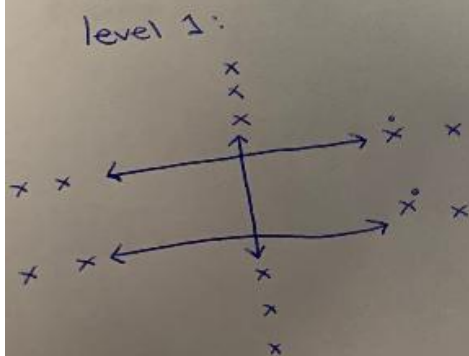
- vary abilities...
- 1 foot in
- 2 ft+ in
- icky shuffle
- ali shuffle
- karaoke
- etc

**Name of Drill:** Chaos with Variation 2

**Description of Drill:** Athletes will be in "mini-lines" of 2-3 players. Each mini line will directly face a partner mini-line (like a traditional shuttle). There will be three sets of mini lines across a larger square. Players will work with the line across from them for entire stickwork routine. 1 hand R, 1 hand L, 2 hands ea., catch opposite, throw opposite, dodge before pass. \*\*Players should be directed to pass when the lane is clear, not to make long passes as there will be other athletes crossing the path\*\* The variation 2, refers to the last player in each line passing a ball continually around the back of the entire drill. Players should be sure to call the name of the person they pass to. Players should also hustle through the lines to ensure there is always a back pass present.

**Skills Emphasized:** Quick and numerous stick work repetitions, cross movement from other lines makes actions game like

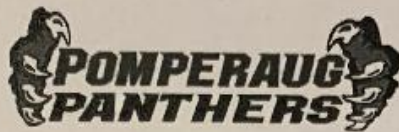
**Diagram:**



level 3:

- 3 lines on each side of box

- Add back pass, when extra ball is being passed clockwise by players wait in line

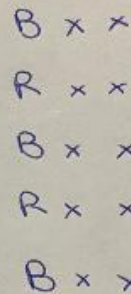
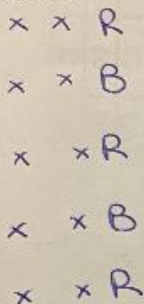


**Name of Drill:** Princeton Drill

**Description of Drill:** Continual game-like play in a controlled area. No goals required. Players are broken up into 2 teams: red and black. Three lines of red, two lines of black on one side and three lines of black and two lines of red on the other side. Coach picks one side to start on and rolls out a ground ball. Whichever team picks up the ground ball is on attack- the other defense. The team on attack is looking to complete three passes to their teammates (variations could be increasing or reducing the amount of completed passes, or simply doing pass attempts). Once the passes are complete (or variation met), the team on attack passes off to their partners on the opposite side. Play continues in this fashion.

**Skills Emphasized:** Stickwork and passing during transition

**Diagram:**



C ::

**- Variations:**

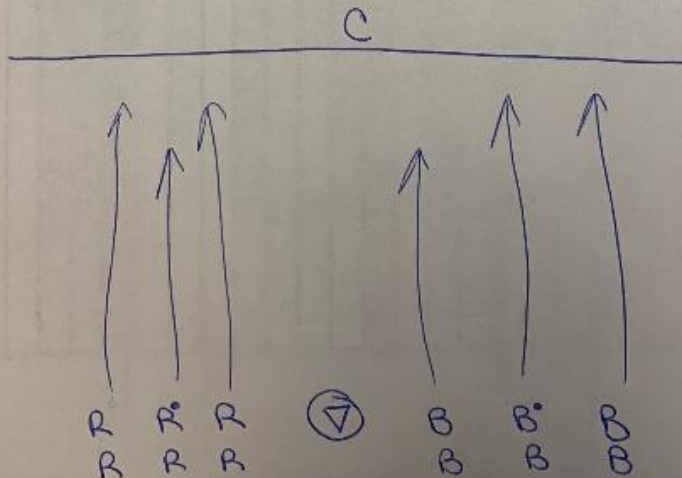
- widen or shrink playing boundaries
- after certain amount of time Coach can blow whistle = fast break to goal roll out new ball to players waiting

**Name of Drill:** 3 Man Weave Race to 3v3

**Description of Drill:** Girls will be in lines on the goal line extended on either side of the goal. There will be three lines on EACH side of the goal. One set of 3 lines will be wearing dark pinnies and the other set of 3 lines will be wearing light pinnies. On the coach's whistle, both sets of lines will complete a 3 man weave headed up towards the opposite end of the field. There is a coach standing on the 50 yard line. The coach identifies out loud which team (light or dark) is the first to cross the line. The first team to cross the line (with a completed pass), is the team on offense and quickly turns to fast break back down towards to the goal. The second team across, safely tosses their ball out of the area of play and is now on defense. Both teams play 3v3 until a shot is released, a turnover is made, or time runs out (I usually limit to 15-20 seconds). Then they move to the back of the line.

**Skills Emphasized:** Quick ball movement, short and long passes, movement after passing, quickly attacking open space and goal.

**Diagram:**



- 12m - restraining  
 - 50yd